

# 2001 Human Behavior Course Block 1 Exam

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PLEASE **DO NOT** START THE TEST UNTIL YOU  
ARE INSTRUCTED TO DO SO.

When you receive the exam, first CHECK that all  
pages are present. You should have **xx** pages  
counting the front and back cover pages.

There are 40 questions on this examination. Before  
you turn it in, be sure that you have marked a single  
response on the answer sheet for each question.

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1. The Law of Effect
  - A. Pertains to consequences of behavior
  - B. Pertains to consequences of beliefs
  - C. Pertains to consequences of unconscious processes
  - D. Pertains to consequences of small molecule neurotransmitters
  - E. None of the above
  
2. Which is true about puberty?
  - A. Menarche is frequently followed by irregular anovulatory periods for 12-18 months.
  - B. Females reach puberty before males.
  - C. Females have a height spurt before males.
  - D. Girls achieve menarche at a mean age of approximately 13 years.
  - E. All of the above.
  
3. Elements associated with primary process include
  - A. The pleasure principle.
  - B. Condensation.
  - C. Displacement.
  - D. Symbolization.
  - E. All of the above.
  
4. An Army sergeant salutes his company commander and crisply responds, "Yes Mom – er, Maam! His slip is
  - A. A consequence of the structural model of the mind
  - B. Denial
  - C. Evidence of an unconscious thought or wish
  - D. Psychotic denial
  - E. Suppression

5. Castration anxiety occurs mainly between
- A. 2-4 years.
  - B. 4-6 years.
  - C. 6-8 years.
  - D. 8-10 years.
  - E. None of the above
6. The following is a source of stimulation for infants:
- A. The infant's mother
  - B. The infant's father
  - C. The infant is his or her own source stimulation
  - D. A and B
  - E. All of the above are true.
7. All of the following are mature defenses according to Vaillant EXCEPT:
- A. Intellectualization
  - B. Altruism
  - C. Suppression
  - D. Humor
  - E. Sublimation

8. All of the following are aspects of cognitive maturation and development during early childhood (3-6 years) EXCEPT:
- A. Emergence of the ability to symbolize, to endow an object with qualities and meaning it does not inherently possess.
  - B. Emergence of the ability to think analytically in planning for the future, based on the capacity for introspection, self-scrutiny, and self-awareness.
  - C. The ability to remember new behaviors and imitate them at a later time (deferred imitation).
  - D. The ability to form symbolic representations, combining current perceptions, emotions, and memories.
  - E. Comprehend how direct behavioral gratifications of some fantasies will cause unpleasurable feelings.
9. When a six month old infant is fretful, reaches out, and seeks proximity to a parent when an unrecognized other is nearby, the infant is experiencing:
- A. Stranger anxiety.
  - B. Separation anxiety.
  - C. Assimilation anxiety.
  - D. Accommodation anxiety.
  - E. Body damage anxiety.
10. Reaction formation
- A. Redirection of unconscious reactions and thoughts toward a safer object than the one that caused that reaction.
  - B. Conscious decision to delay or pay no attention to a conflict.
  - C. Psychotic defense.
  - D. Attributing one's own unacceptable reactions to someone else.
  - E. Awareness of feelings that are counter to unacceptable unconscious impulses.

11. Innate needs of the infant include all of the following EXCEPT:

- A. To gratify physiological requirements
- B. To attach in a pleasurable relationship
- C. To explore their environment
- D. To act and react to people
- E. To develop a mental schema

12. A child speaks with a 20- to 50-word vocabulary at approximately

- A. 3-6 months.
- B. 7-12 months.
- C. 13-17 months.
- D. 18-24 months.
- E. 25-30 months.

13. Assimilation is

- A. Fitting a new perception into an old memory.
- B. A process starting in toddlerhood.
- C. A process starting in early childhood.
- D. The restructuring of a pre-existing memory into a revised memory.
- E. Not occurring appropriately during separation anxiety.

14. The enzyme localized on the outer membrane of the mitochondria and that metabolizes catecholamines is

- A. Protein kinase.
- B. Monoamine oxidase (MAO).
- C. Catechol-O-methyltransferase (COMT).
- D. Acetylcholinesterase.
- E. All of the above.

15. All of the following are characteristic of the transition to young adult functioning EXCEPT:
- A. Establishment of autonomy from parents
  - B. Establishment of a realistic self-image
  - C. Establishment of a stable sexual identity
  - D. Initiating resolution of earlier life traumas
  - E. Establishing separation between early life experiences and current aspirations
16. According to Vaillant's hierarchy of defense mechanisms, all of the following defenses are "immature defenses" EXCEPT:
- A. Projection
  - B. Fantasy
  - C. Distortion
  - D. Acting out
  - E. Hypochondriasis
17. Which of the following is the WORST match? Superego:
- A. Internal behavior regulator
  - B. Self-control
  - C. Freud
  - D. Conscience
  - E. Early childhood
18. Which of the following is MOST TRUE about infants' attachments with their parents?
- A. The amount an infant cries is the best indicator of degree of attachment problems with one or both parents.
  - B. Fathers' attachment styles to infants tends to foster assimilation more than mothers' attachment styles.
  - C. Mothers tend to provide more soothing-calming and enveloping interchanges with infants than do fathers.
  - D. Fathers' attachments to infants are almost impossible to achieve during the first two years of life.
  - E. Infant smiles are given preferentially to mothers during the first six months of life.

19. Behavioral signs of abnormal distress in an infant include all of the following EXCEPT:

- A. Excessive crying.
- B. Pushing parents away.
- C. Turning away from parents.
- D. Seeking proximity to parents when a stranger appears.
- E. Averting gaze with parents when parents are trying to engage with the infant.

20. Erikson's stage of Integrity versus Despair:

- A. Occurs in late adolescence
- B. Marriage and children are essential for reinforcing the sense of generativity
- C. Occurs in the mid-life transition
- D. Integrity involves acceptance of death rather than succumbing to it.
- E. Integrity involves giving without fearing loss of self in the process

21. Gradual de-idealization of both parents becomes a main focus of teenagers' relationship with his/her parents. All of the following are TRUE regarding this de-idealization process EXCEPT:

- A. De-idealization of parents eventually leads to more acceptable, adult-like, and human view of them.
- B. De-idealization of parents is important to attaining a sense of having an emancipated identity.
- C. The adolescent must gradually give up residual childhood wishes to have perfect and all-powering parents.
- D. The de-idealization process is characterized by alternating patterns of idealizing and then being excessively critical of parents.
- E. The process of de-idealization of parents is inhibited by cultural and developmental pressures for teenagers to increasingly make his/her own decisions.

22. Which of the following is TRUE regarding the blockade of dopamine receptors?

- A. Blockade in the arcuate nucleus decreases prolactin levels.
- B. Blockade in the ventral tegmental area may improve attention and cognition.
- C. Blockade in the nigrostriatal pathway decreases extrapyramidal movements.
- D. Blockade in the ventral tegmental area may increase craving associated with substance abuse.
- E. Blockade in the arcuate nucleus may improve attention and cognition.

23. Stranger anxiety

- A. Along with body damage anxiety, are the predominant fears of pre-schoolers.
- B. First appears at 8-10 months of age.
- C. Is associated with later development of panic disorder.
- D. Is unusual in a child with an "easy" temperament.
- E. Requires the cognitive capability of object permanence.

24. Normal stranger anxiety is most prominent from ages

- A. 5 to 15 months.
- B. 7 to 20 months.
- C. 8 to 30 months.
- D. 10 to 36 months.
- E. 12 to 36 months.

25. Characteristics of the cognitive maturation of early childhood (age 3-6 years) includes:

- A. Fantasy becomes pleasurable
- B. Symbolization (object assume meanings it does not actually possess).
- C. Learning through deferred imitation
- D. Fantasy formation
- E. All of the above



26. Which of the following is FALSE?

- A. Body damage anxiety is generated by fantasies of replacing the same sexed parent
- B. Children develop a moral code of fairness by age 7 years.
- C. Emancipated identity normally forms by age 19.
- D. Sexual fantasies toward the opposite sexed parent must be defended against until they are relinquished.
- E. Teens seek parental proximity in times of weakened conscience.

27. Which of the following is TRUE?

- A. Adolescents move developmentally from verbal to action dominance.
- B. Most cultures define adolescence as beginning after puberty.
- C. Normal superego functioning involves avoidance of painful guilt.
- D. High levels of parent-child competition enhance normal emancipation.
- E. Sexual activity occurs earlier among the educationally active.

28. Which is TRUE about the topographic model of the mind?

- A. The id, ego, and superego must communicate via the preconscious.
- B. The ego is primarily concerned with gratification.
- C. The id is primarily concerned with gratification.
- D. Physiological drives have their onset only after the id is formed.
- E. Its main components include conscious, preconscious, and unconscious.

29. Which of the following is NOT TRUE concerning rebellion versus conformity pressures during adolescence?

- A. Moderate adolescent rebellion is normal.
- B. Certain people and cultures overemphasize and idealize adolescent rebellion (e.g., TV).
- C. Chronic drug usage during adolescence greatly interferes with development.
- D. Adolescent rebellion inhibits identity formation and independence.
- E. Adolescent rebellion facilitates the process of emancipation from parents.

30. Major tasks of toddlerhood (18 months - 3 years) include:

- A. Emergence of language.
- B. Gender identity development.
- C. Beginning to develop an autonomous identity or sense of self.
- D. Toilet training as a social tasking.
- E. All of the above.

31. Sublimation

- A. Is a psychotic defense mechanism.
- B. "I want to just kill you on the basketball court".
- C. Leads to the ridiculous.
- D. "I don't want to kill you – you want to kill me!"
- E. Is the same defense mechanism as altruism.

32. Which of the following agents exert their primary effects via GABAergic neurons?

- A. Benzodiazepines.
- B. Antipsychotics.
- C. Tricyclics.
- D. B-blockers.
- E. None of the above

33. Which of the following developments prepare children for their first school experiences?

- A. Trust in infants
- B. Autonomous functioning in early childhood
- C. Curiosity in toddlers
- D. All of the above
- E. A and C are correct

34. Which of the following is TRUE?

- A. Small molecule neurotransmitters are synthesized in the nerve cell body.
- B. Neuropeptides are synthesized in the nerve cell body.
- C. Peptidergic neurons are more rapidly responsive to prolonged increases in neurotransmission.
- D. A single gene gives rise to a single active neuropeptide.
- E. All of the above are true.

35. Mrs. Johnson holds her daughter Lucy, and smiles at her. Lucy smiles back. The Johnson's friend Harold gets to hold Lucy for a minute, and Lucy gazes back at the smiling Harold, but Lucy doesn't smile back. Mr. Johnson looks over Harold's shoulder and makes eye contact with Lucy, and she suddenly smiles. Lucy's pattern of smiling normally begins by age:

- A. 3 days.
- B. 3 weeks.
- C. 3 months.
- D. 5 months.
- E. 7 months.

36. Which choice provides the best description of the behavioral technique called "shaping"?

- A. Exposing an individual to others manifesting a behavior so as to teach the same or a similar behavior to the observer.
- B. Systematic reinforcement using gradual approximations ("baby steps") toward a target behavior that the patient is unable to perform all at once.
- C. The patient is taught to relax body muscles sequentially in an attempt to shape an overall relaxation response.
- D. The clinical application of techniques derived from the experimental analysis of behavior.
- E. The use of behavioral techniques to reduce excess body weight.

37. A common psychological defense for adolescents is
- A. Projection
  - B. Isolation of affect.
  - C. Sublimation.
  - D. Regression.
  - E. None of the above.
38. The normal roles of the pre-adolescent "chum" (ages 8-11) include which of the following?
- A. Helps the child adopt a moral code of fairness in his/her relationships with peers.
  - B. Provides a chance to admit failures and limitations and still feel accepted and admired by one's chum. This helps make the child less perfectionistic.
  - C. Provides a chance to share guilt and shame about not living up to one's standards, and helps a child relinquish behavior standards that are unrealistic.
  - D. A and C.
  - E. A, B, and C
39. Conventional antipsychotics are thought to reduce psychosis via
- A. Antagonist action at D1 dopamine receptors.
  - B. Antagonist action at D2 dopamine receptors.
  - C. Agonist action at D1 dopamine receptors.
  - D. Agonist action at D2 dopamine receptors.
  - E. Antipsychotics' therapeutic effects are not dopamine receptor mediated.
40. Which of the following is a developmental task of toddlerhood (18 months to 3 years)?
- A. To develop a gender identity
  - B. To develop a positive sense of curiosity
  - C. To negotiate their own internal rules or prohibitions
  - D. To develop social trust
  - E. To develop a sexualized interaction with the opposite sexed parent

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You have completed the exam.

Make sure your answer sheet contains one and only one response on all 40 of the exam questions.

Turn in your exam before you leave the room. Your exam will be returned to you via your student mailbox with an answer key once all the students have taken it.

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